

NO ZONE RULE

At NO stage is a "Zone" defense permitted during an KMDBA junior domestic game up to & including U14s.

Please note that the KMDBA has adopted the VJBL "No Zone Rule" that is tailored to the KMDBA competition and this only "No Zone Rule" to be applied in our competition. No other "No Zone Rule" will be applied.

NO ZONE PROCEDURE

How the rule works:

From the commencement of the 2018/2019 Summer season NO KMDBA team is permitted to play a "zone" at the offensive teams end at the 3 point line defense up to & including U14s.

- Coaches are not permitted to instruct a team to play a zone and they must play 'Man to Man' defense using correct 'Man to Man' principles.
- If a coach hasn't instructed their team to play a zone, but their team is playing a zone outside their instructions, it is the coaches responsibility to ensure their team play 'Man to Man' defense. No excuses will be tolerated for failure to do so as the coach has the power to remove offending players from the court if they are not playing correct 'Man to Man' defense.

The KMDBA administration will determine violations of the 'No Zone Rule' by investigating one or more of the below points:

- One or more players were not in acceptable 'Man to Man' defensive position in relation to the player they are guarding and the player with the ball.
- A cutter moved all the way through the key and was not defended using acceptable 'Man to Man' defensive techniques.
- Following a trapping or help and recover situation the team made no attempt to re-establish correct 'Man to Man' defensive positioning.
- The team zone pressed and did not assume 'Man to Man' defensive positioning once the ball had been advanced into the half court.
- Teams are permitted to Zone Press or Man Press starting in the back court.
- Mercy rule teams should pick up their man at the offensive teams end at the 3 point line.

WHO CAN MAKE A COMPLAINT OR INFORM THE KMDBA ABOUT AN ALLEDGED BEING PLAYED:

- The Opposition coach may make a complaint or inform the referee or court supervisor.
- Court supervisor is to watch the game and make a ruling. Then to inform the coach who is playing a zone to make a change to their defense to conform with the 'Man to Man' techniques or the opposition coach it is NOT a Zone.
- A coach who does not make the change and is spoken to twice in the one game shall receive a Technical Foul.
- A coach who does not make the change and is spoken to the third time is to be technical fouled again and is asked to leave the stadium under the KMDBA & Basketball Victoria rules.

DURING GAME PROTOCOL: At no stage are the coach, players, spectators to approach the opposition team to discuss the alleged incident during the game or after the game. This will avoid an unnecessary conflict between the two teams. Offenders may be put on report.

What is a Man-to-Man Defense?

Given that we have defined what constitutes a zone defense and why it is important it not be played up to and including U14 competition, it's best we also define what a Man-to-Man Defense is.

Man-to-Man Defense has each defender assigned to a designated offensive player rather than an area on the court. As a defender, you are accountable for containing (staying between your player and the basket) your designated player when he/she has the ball. Players should be pointing BALL, ME, MAN principles in a triangle alignment when in help defensive stance. They must move as their player moves or cuts.

Teaching Man-to-Man Defense is often considered more complicated than coaching a Zone Defense. That is largely due to the perception that the many required individual defensive skills are more closely associated with Man-to-Man principles. Whatever the case, if you can work on teaching the following skillsets, you're well on your way to playing an integral role in the development of your young players.

Defensive Stance - Feet should be approximately shoulder width apart, with your knees bent (knees over toes), back straight and head up. Your weight should be evenly balanced on the balls of your feet and your arms should be up with palms forward



Defensive Slides - When guarding your opponent on the move, we refer to what is called a defensive slide. Using quick, short steps (without crossing your feet over) you move your strong side / lead foot first. If you use your 'Defensive Stance' as a starting point, your first step see's your stance become wider, then your second step see's you return to balance. The aim when sliding is to stop your offensive players intended path to the basket - turn them to an alternative direction or make them pick the ball up.

Note: There are more advanced defensive movements, however we encourage the more traditional; 'Defensive Slide' be adopted in the early phases of development.

Man-to-Man Defensive Spacing

This is where we start throwing in team defensive concepts - these are much easier to instill as offensive spacing develops. The two go hand-in-hand and if repetition is provided during team training sessions, development will naturally occur at a faster rate.

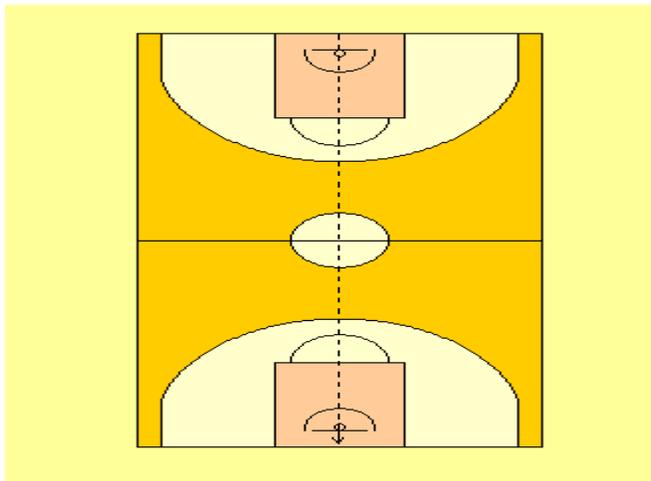
Ball - when you are guarding the player with the ball. In your defensive stance (defensive slide if on the move) you want to maintain about an arm's length between you and the player with the ball.

Denial - when your offensive player is one pass away from the ball. In your defensive stance, you want to be one step off your player, towards the ball. Encourage an open defensive stance, chest up the court to maintain vision on both your own player and the player with the ball.

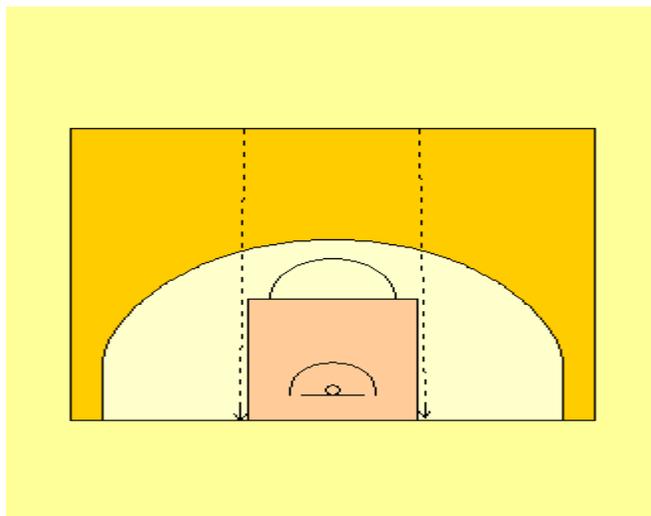
Help - when your offensive player is 1 or more passes away from the ball. Again in your defensive stance, you want to be on split line (an imaginary line length ways down the middle of the court). This discourages the offensive team to penetrate the key but also allows enough time for you to 'close out' should the ball get quickly passed to your direct opponent. Players should be pointing BALL, ME, MAN principles in a triangle alignment.

Close Out - when the ball is passed to your offensive player, you must move towards them quickly and in a low stance (balanced). Your first 1-2 steps are long, your last several are short and quick as you throw your hands up to deter a shot. Because you are already in a low stance, you are able to shift into a defensive slide without losing balance.

Split Line - the imaginary line that divides the court vertically from baseline to baseline



Lane line – the imaginary lines that are the edge of the keyway



Man-to-Man Rules and Rotations

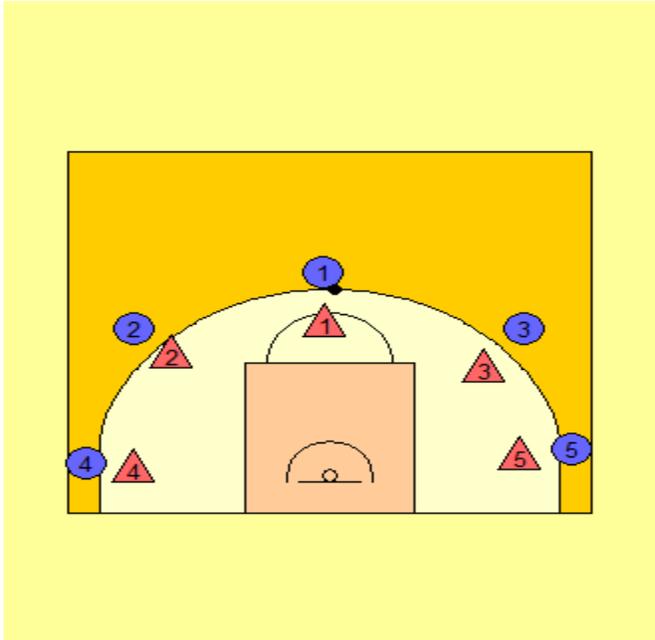
There are so many concepts available to adopt when it comes to man-to-man rules and rotations, we won't confuse the intent of this document by diving too deep. When introducing man-to-man defense to young basketball players in a team environment, we encourage you to utilize the Shell Drill as your main teaching base.

Below is a link to a video showing the No Zone clinic run by Ian Stacker for the VJBL.

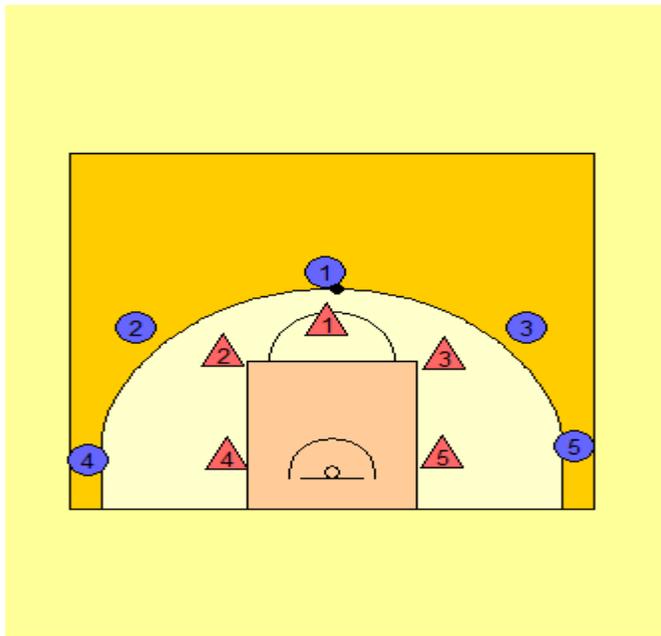
<http://vjbl.com.au/competition-resources/>

Below are drawings of what is Man to Man & Zone (not allowed)

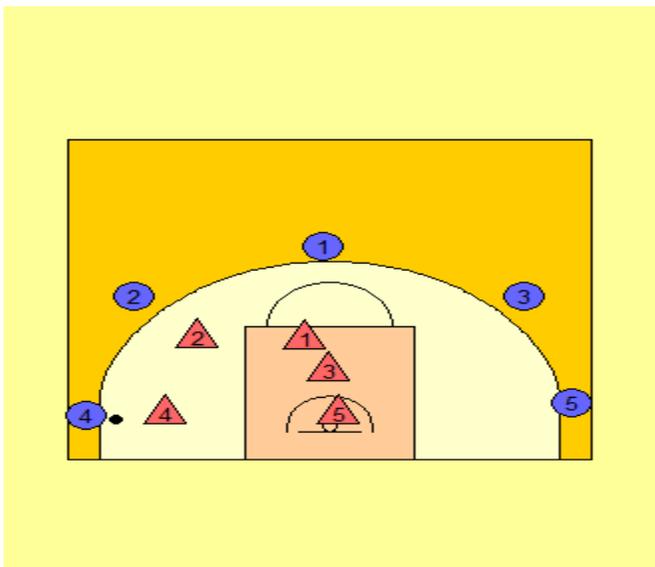
Allowed



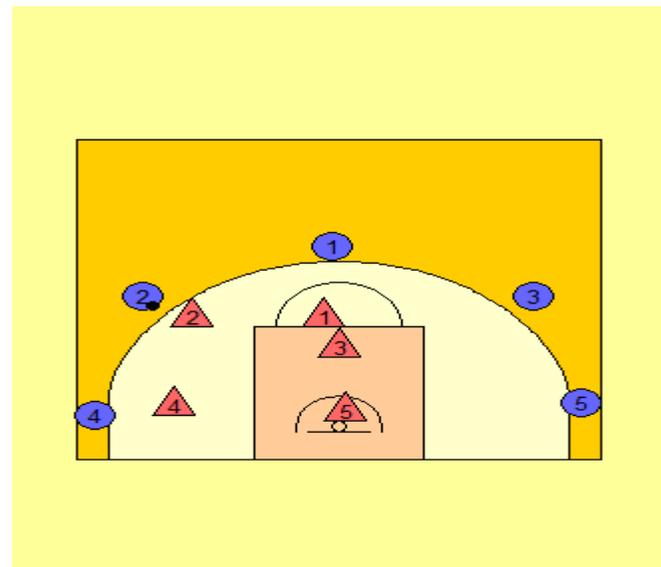
Allowed



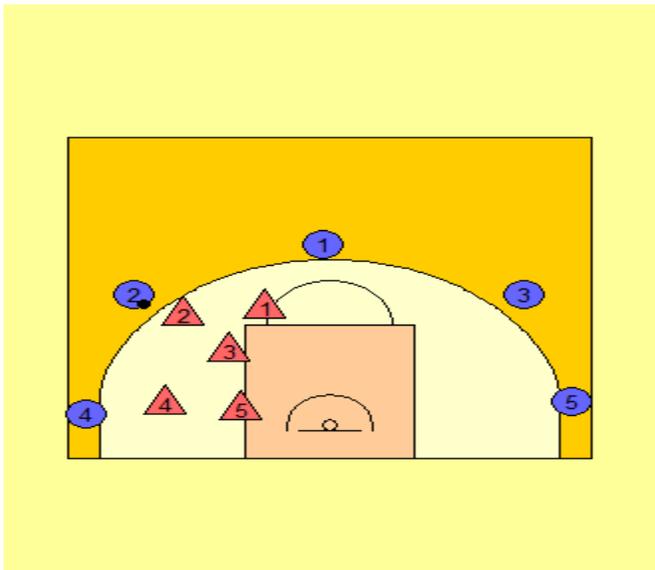
Allowed



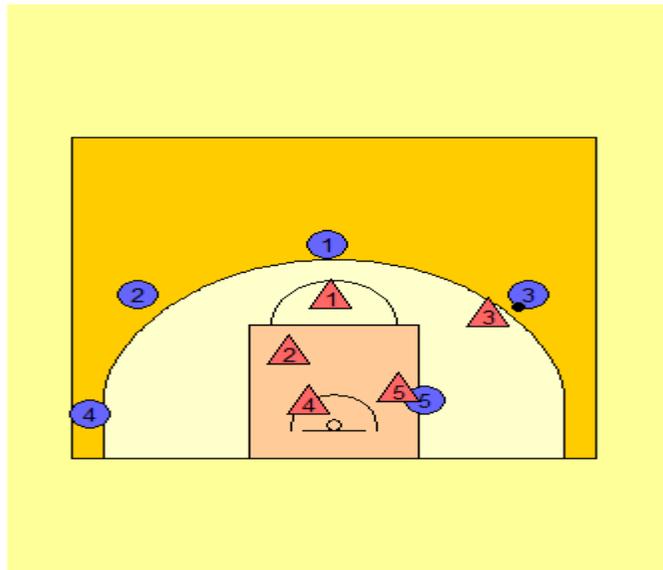
Allowed



Not Allowed



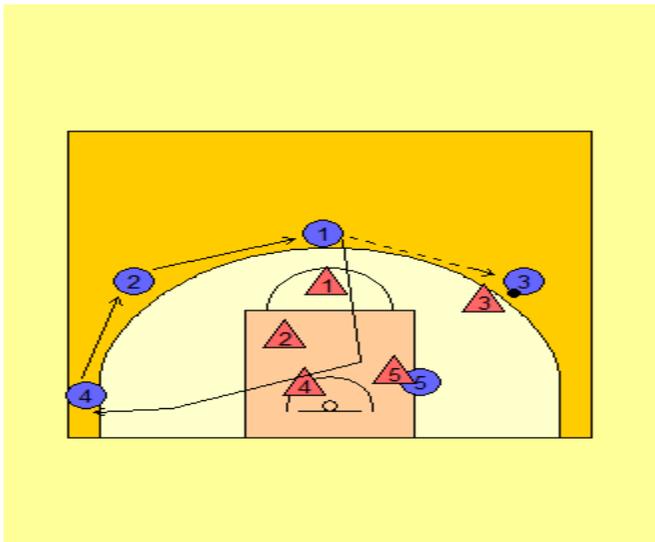
Allowed



If 1 passes to 3 and 1 cuts to the basket and out to the corner

2 & 3 offence move to wing & top and 1D, 2D, 4D do not move

Then this is considered ZONE & NOT ALLOWED



ZONE DEFENCE

Why don't we allow Zone Defense to be played?

Whilst it is in many cases, the purpose of a No Zone Policy is simply explained, 'to teach players correct man-to-man principles', there are in fact a number of developmental skill objectives - both individual and team, offensive and defensive.

Zones limit an offensive teams' ability to penetrate the key, forcing the offense to take their shots from a greater distance. In the younger age groups, it is common for players to not yet possess the strength and coordination to execute a shot attempt whilst maintaining correct shot mechanics (shooting technique).

As a result, defensive skills such as 'closing out' and 'containment' are not taught and/or adopted with any significant value until later years.

Zone defenses generally do not apply much pressure to the offensive team, therefore developing an understanding and ability of 'ball movement' through 'passing' and 'dribbling' can also be restricted. Whilst being able to execute this against a zone is also important, like many aspects of skill development, building blocks are often the most effective way of skill acquisition.

Adopting to play a zone in the younger age groups can also develop complacency on the defensive end. Players can often play out of stance or upright, lose court vision and not develop correct 'boxing-out' techniques.

What is a Zone Defense?

A *Zone Defense* is different from a *Man-to-Man Defense* in that instead of guarding a player, each defender is responsible for guarding an area of the court - or zone, and any offensive player that comes into that area. Zone defenders move their position on the court (within their designated area) in relationship to where the ball moves.

Zone Defenses can adopt a variety of player alignments, such as but not limited to the below;



The shaded zones in the diagrams above indicate the area each defender is designated to guard, as opposed to defending an individual player.